

Healing the Gut

AVOID:

- GMOs
- Antibiotics
- Gluten
- Processed Sugar (Feeds yeast which release toxins that eat the wall of the intestine)
- Dairy (Goat's milk or kefir ok)
- Emotional Triggers

HEALING FOODS:

- Bone Broth (chicken, beef, fish)
- Coconut Oil
- Sauerkraut (Good for SIBO or reflux)
- Other Fermented Foods
- Goat's milk kefir (different protein than cow's milk)
- Blueberries (Antioxidants, decrease inflammation, low in sugar, fiber)
- Orange/yellow squash (butternut, spaghetti, pumpkin)
- Apple cider vinegar

CORE SUPPLEMENTS:

- Probiotics (SBO = Soil based organisms. Being outside, having pets, living on a farm boosts immune system due to exposure to microbes)
 - 50 billion IUs daily
 - Protects gut, helps digest, and releases B vitamins
- Digestive Enzymes (gives the body rest)
- Fiber capsules (feeds good bacteria)

ADDITIONAL SUPPLEMENTS:

- Bile Salts
- Ginseng
- Ashwaganda
- Licorice Root
- L-glutamine powder (healing, lines small intestine, Band-Aid, building blocks to heal and repair)